Health Connect

It's all about me... and mom

A focus on breastfeeding is changing newborn care at Mary Greeley.

Also in the issue:
- LUCAS2 to the Rescue
- Dr. Paschen's Passion
- 800 Thank Yous

MARY GREELEY MEDICAL CENTER
Specialized care. Personal touch.
**Welcome to the World**

My wife and I recently experienced one of the most special days of our lives: the birth of our first child. As parents, we felt a mix of emotions—joy, excitement, and a little bit of anxiety as we watched our baby take their first breaths. It was a moment filled with hope and wonder, and we knew that this was the beginning of a new journey for our little one.

As new parents, there are many things to consider. From choosing the right pediatrician to learning about breastfeeding, there is a lot to learn and prepare for. At Mary Greeley Medical Center, we are committed to providing the best possible care for you and your family. That’s why we offer a range of services and resources to help you through this exciting time.

Thank you to our sponsors for making a difference in the lives of central Iowans. Your support enables us to provide exceptional care and support to our community. We are grateful for your commitment to our hospital and the people we serve.

**About This Publication**

Health Connect is published three times a year for residents of central Iowa by Mary Greeley Medical Center. For more information about Health Connect, please contact the Mary Greeley Medical Center Community Relations Department at 515-239-2938.

**Visit Us on the Internet**

Learn more about Mary Greeley Medical Center’s programs and services at www.mgmc.org.

**Contact Us**

Individuals are encouraged to contact Mary Greeley Medical Center if they have any concerns about patient care and safety in the hospital that have not been addressed. If the concern continues, individuals may contact The Joint Commission at One Renaissance Boulevard, Oakbrook Terrace, IL 60181. You may also call 800-994-6610 or e-mail complaint@jointcommission.org.

**Opportunity for Support**

Your contributions can help us care for those who come to us at every stage of life. Charitable giving to support Mary Greeley Medical Center has played a significant role in shaping our medical center. To learn more, contact the Mary Greeley Medical Center Foundation at 515-239-2147 or visit www.mgmc.org.

**By Brian Dieter**

MGMC President and CEO

**About The Author**

BY BRIAN DIETER
MGMC PRESIDENT AND CEO

My wife and I recently experienced one of those milestones in the great adventure known as parenting: sending our firstborn off to college. It was, as you’d expect, a moment filled with pride and emotion … and memories. When you watch a child go out into the big world you can’t help but think back to that life-changing day when you welcomed her into the world.

Working at a hospital, I get regular reminders of that day and how special it is. I am reminded whenever I hear the gentle notes from Mozart’s Sonata in A, which play throughout the medical center whenever a baby is born at Mary Greeley. I am reminded whenever I visit our Birthways unit and see smiles on the faces of new dads and grandmothers and big brothers and sisters — heartwarming indications that a baby has arrived.

That big day, of course, has been preceded by weeks of preparation and anticipation.

More than 1,000 babies are delivered at Mary Greeley every year. We know that the birth of a first child is often a family’s first visit to the hospital. That’s why we put so much focus and care into absolutely everything we do at Birthways. It’s why we offer a series of birthing classes, which are free but supported with donations from participants, and why we provide our moms spacious and private rooms with comfortable beds and privacy."
Ask the Doctor: Heart Attack 101

Each year, nearly 1.2 million people in the United States suffer heart attacks. Here, McFarland Clinic Cardiologist Dr. Qiangjun Cai, who recently contributed an article on prehospital management of heart attack to a medical book on the subject, explains the basics of the disease, including its symptoms and the smartest ways to react to them.

Q: Let’s start with the basics: What is a heart attack?
A: A heart attack, which is also called myocardial infarction, occurs when a blood clot blocks the flow of blood through a coronary artery — a blood vessel that supplies oxygen-rich blood to the heart muscle. The interrupted blood flow that occurs during a heart attack can damage a part of the heart muscle. Heart attack can, of course, be fatal.

Q: What are the classic symptoms of a heart attack?
A: One classic symptom is discomfort in the center of the chest that lasts more than a few minutes. This can feel like uncomfortable pressure, tightness, pain, or a squeezing or aching sensation that may spread to your arms, neck, jaw or back. The discomfort can range from mild to severe.

Heart attacks can occur at any time. Some heart attacks strike suddenly, but many people who experience a heart attack have warning signs and symptoms hours, days or weeks in advance. The earliest sign of a heart attack may be recurrent chest pain triggered by exertion and relieved by rest.

Q: What are the classic symptoms of a heart attack?
A: If you think a heart attack is happening, you should call 9-1-1 for immediate medical care. Some people delay seeking medical care. Some feel embarrassed about going to the hospital and finding out it is a false alarm. Others may confuse heart attack warning signs with other less serious conditions.

A heart attack patient has a 50% chance of surviving and resuming a normal life. The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life. The sooner patients present with symptoms, the better.

The sooner procedures that can restore the heart's blood flow. These treatments should be given as soon as possible, ideally within one hour after symptom onset. The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life.

Some people delay seeking medical care. Some feel embarrassed about going to the hospital and finding out it is a false alarm. Others may confuse heart attack warning signs with other less serious conditions. Regardless of the cause, people should seek prompt medical care if they experience chest discomfort or pain.

Q: Why should you call 9-1-1?
A: About half of the heart attack patients in the United States come to the hospital without calling 9-1-1. A friend or family member often brings them. But there are many life-saving advantages to dialing those three numbers. Emergency medical personnel arrive fast and can start treatment right away. They carry oxygen and pain relief medicine that can help in case of a heart attack.

They can also send information about a patient's condition to the emergency department before the patient arrives. Heart attack patients who are brought by ambulance tend to receive faster treatment once they arrive at the hospital.

Nearly half of the people who die of a heart attack will die before they reach the hospital, as lack of blood flow and heart muscle damage can cause your heart to stop beating. This dangerous situation can be detected by the heart monitor in the ambulance, where there is also equipment to restart your heart.

In addition, most emergency responders are equipped to perform an electrocardiogram, which traces your heart's electrical activity, to diagnose a heart attack. A quicker diagnosis will take you directly to a hospital, such as Mary Greeley, where artery-opening procedures such as balloon angioplasty are readily available.

Q: What is a heart attack?
A: A heart attack, which is also called myocardial infarction, occurs when a blood clot blocks the flow of blood through a coronary artery — a blood vessel that supplies oxygen-rich blood to the heart muscle. The interrupted blood flow that occurs during a heart attack can damage a part of the heart muscle. Heart attack can, of course, be fatal.

There are “clot-busting” medications and artery-opening procedures that can restore the heart’s blood flow. These treatments should be given as soon as possible, ideally within one hour after symptom onset. The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life.

Some people delay seeking medical care. Some feel embarrassed about going to the hospital and finding out it is a false alarm. Others may confuse heart attack warning signs with other less serious conditions. Regardless of the cause, people should seek prompt medical care if they experience chest discomfort or pain.

Q: What atypical symptoms could be easily missed?
A: Many people think all heart attack symptoms are chest discomfort or pain. They may also experience dizziness, fatigue, trouble sleeping, anxiety or an impending sense of doom.

A heart attack patient has a 50% chance of surviving and resuming a normal life. The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life. The sooner patients present with symptoms, the better.

The sooner procedures that can restore the heart's blood flow. These treatments should be given as soon as possible, ideally within one hour after symptom onset. The more heart muscle that is saved, the better chance a heart attack patient has of surviving and resuming a normal life.

Some people delay seeking medical care. Some feel embarrassed about going to the hospital and finding out it is a false alarm. Others may confuse heart attack warning signs with other less serious conditions. Regardless of the cause, people should seek prompt medical care if they experience chest discomfort or pain.

Q: Why is immediate response to a heart attack so important?
A: If you think a heart attack is happening, you should call 9-1-1 for immediate medical care. Some people delay seeking medical care. Some feel embarrassed about going to the hospital and finding out it is a false alarm. Others may confuse heart attack warning signs with other less serious conditions. Regardless of the cause, people should seek prompt medical care if they experience chest discomfort or pain.

Story County Women WANTED FOR HEART MAKEOVER CHALLENGE

As part of the annual Story County Go Red For Women Luncheon, 10 women will be selected to participate in the Go Red Makeover Challenge presented by Mary Greeley Medical Center, Iowa Heart Center and Ames Racquet and Fitness Center. Participants will experience a 12-week heart health makeover in which each woman will receive:

- A wellness screening measuring height, weight, inches, blood pressure, cholesterol, triglycerides, BMI and blood glucose.
- A consultation with an Iowa Heart Center cardiologist.
- A free 12-week membership to Ames Racquet and Fitness Center.
- An individualized nutrition consultation with a Mary Greeley dietician.
- A $25 gift card from The House of the Good Heart.
- The winner of the Challenge will be announced at the Go Red For Women Luncheon on April 25, 2014, at Gateway Hotel & Conference Center.

For more information or to obtain an application, visit www.heart.org/desmoines, or contact Jana Schudel, Corporate Events Director with the American Heart Association, at 515-249-4881 or janaschudel@heart.org. Applications are due Jan. 17, 2014. A committee will select applicants based on a variety of criteria. Selected participants will be notified by January 24, and the Challenge will kick off Monday, Feb. 3.

The winner of the Challenge will be announced at the Go Red For Women Luncheon on April 25, 2014, at Gateway Hotel & Conference Center.

For more information or to obtain an application, visit www.heart.org/desmoines, or contact Jana Schudel, Corporate Events Director with the American Heart Association, at 515-249-4881 or janaschudel@heart.org. Applications are due Jan. 17, 2014. A committee will select applicants based on a variety of criteria. Selected participants will be notified by January 24, and the Challenge will kick off Monday, Feb. 3.

Dr. Qiangjun Cai, McFarland Clinic cardiologist

Ask the Doctor: Heart Attack 101

HEALTH CONNECT | FALL 2013
McFarland Clinic has arrived in Ankeny. In June, central Iowa’s largest, physician-owned clinic opened a Specialty Services office at 1605 S.E. Delaware Ave, Suite L. Fourteen McFarland Clinic providers offer services in a variety of areas, including neurology/epilepsy, obstetrics and gynecology, occupational medicine, orthopedic surgery and sports medicine, podiatry and vein clinic (phlebology). Allergy and immunology services are also available.

General neurology is available for adult and pediatric patients. An epilepsy/seizures clinic is also offered. Treatment is available for a variety of disorders, including multiple sclerosis, movement disorders, dementia and memory problems.

Obstetrics and gynecology physicians provide complete gynecological care, office-based procedures, surgical procedures, including minimally invasive surgeries, and pre-natal care. Nurse-midwives are also in Ankeny to provide care.

Orthopedic surgery and sports medicine physicians are board certified and subspecialty/fellowship trained. They also serve as athletic consultants to Iowa State University Cyclone sports teams. Physicians provide a wide range of services for athletes of all ages in Ankeny and surrounding communities.

Pediatricians offer comprehensive evaluation and treatment of foot and ankle disorders for people of all ages. Podiatrists are board certified in pediatric surgery. McFarland Vein Clinic physicians offer medical and cosmetic treatment for varicose and spider veins. All medical insurance is accepted. McFarland vein specialists also offer free screening that are non-invasive, painless and risk-free. Education and treatment plans are recommended at the screening.

“I grew up in Ames and have a lot of family in Ankeny, which allowed me to spend a lot of time there,” says Dr. Bryan Warme, an orthopedic surgeon who is part of a team providing care for the Cyclones. “My partners and I received a warm welcome to Ankeny and we are very excited to become a part of the community.”

Physicians are accepting new patients. Call 515-965-3560 to schedule an appointment at McFarland Clinic Specialty Services in Ankeny.

McFarland Clinic physicians are on the medical staff of Mary Greeley Medical Center.

John Wheeler, MD
Allergy

David Mores, MD
Neurology/Epilepsy

James Dziewrak, MD
OB/GYN

Jay Stevenson, DO
OB/GYN

Donna Deardorff, CNM
OB/GYN - Nurse Midwife

Dawn Heaberlin, CNM
OB/GYN - Nurse Midwife

Charles Mooney, MD
Occupational Medicine

Peter Buck, MD
Orthopedic Surgery/Sports Medicine

Thomas Greenwald, MD
Orthopedic Surgery/Sports Medicine

Bryan Warme, MD
Orthopedic Surgery/Sports Medicine

Charles Gilarski, DPM
Podiatry

Erin Nelson, DPM
Podiatry

Renald Bernard, MD
Vein Clinic

Firas Salti, MD
Vein Clinic

David Moore, MD
Neurology/Epilepsy

James Dziewrak, MD
OB/GYN

Donna Deardorff, CNM
OB/GYN - Nurse Midwife

Dawn Heaberlin, CNM
OB/GYN - Nurse Midwife

Charles Mooney, MD
Occupational Medicine

Peter Buck, MD
Orthopedic Surgery/Sports Medicine

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Orthopedic Surgery/Sports Medicine

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Podiatry

Erin Nelson, DPM
Podiatry

Renald Bernard, MD
Vein Clinic

Firas Salti, MD
Vein Clinic
Hospital offers patient online access to health records

Beginning late fall, Mary Greeley Medical Center patients will be able to access portions of their medical records through the MyChart web portal. MyChart is a joint service of Mary Greeley and McFarland Clinic. The clinic began offering MyChart three years ago. Now more than 36,000 central Iowans use the portal to view health information and communicate electronically with their physicians.

Mary Greeley Medical Center and McFarland Clinic welcome these new health care professionals to our staff.

Joshua McCaughey, DO
Joshua McCaughey, DO, joined the McFarland Clinic Emergency Medicine Department in July. Dr. McCaughey completed his emergency medicine residency and internship at OUCOM-Doctors Hospital in Columbus, Ohio. He received his doctorate of osteopathic medicine from Des Moines University. For more information, contact the McFarland Clinic Emergency Medicine Department at 515-239-2055.

Gina Erickson, MD
Gina Erickson, MD, joined the McFarland Clinic Emergency Medicine Department in July. Dr. Erickson completed her emergency medicine residency at Wake Forest Baptist Hospital in Winston Salem, North Carolina. She received her medical degree from the University of Iowa in Iowa City. For more information, contact the McFarland Clinic Emergency Medicine Department at 515-239-2055.

Tracy Kangas, MD
Tracy Kangas, MD, joined the McFarland Clinic Ophthalmology Department in June. Dr. Kangas received her medical degree from the Medical College on Wisconsin in Milwaukee. She completed her ophthalmology residency at Emory School of Medicine in Atlanta, Georgia. Following that, Dr. Kangas completed her retinal fellowship at Bascom Palmer Eye Institute in Miami, Florida. For more information, contact the McFarland Clinic Ophthalmology Department at 515-239-4460.

Garrett Korrect, MD
Garrett Korrect, MD, joined the McFarland Clinic Urology Department in August. Dr. Korrect received his undergraduate degree from Iowa State University. He then completed his medical degree and urology residency at the University of Kentucky in Lexington. For more information, contact the McFarland Clinic Urology Department at 515-239-4490.

Benjamin Schlicher, MD
Benjamin Schlicher, MD, joined the McFarland Clinic Surgery Department in June. Dr. Schlicher received his medical degree from the University of Iowa in Iowa City. He then completed his surgical residency at Iowa Methodist in Des Moines. For more information, contact the McFarland Clinic Surgery Department at 515-239-4725.

Laura Hufford, MD
Laura Hufford, MD, joined McFarland Clinic in September. Dr. Hufford completed her pediatric hospitalist residency at the University of California at Davis Medical Center in Sacramento, California. She completed her medical degree from Oregon Health and Sciences University School of Medicine in Portland, Oregon. For more information, visit www.mcfarlandclinic.com.

Patrick Tracy, DO
Patrick Tracy, DO, joined the McFarland Clinic Hospitalists Department in October. He completed his doctorate of osteopathic medicine at Oklahoma State University in Tulsa, Oklahoma. He then completed his internal medicine residency at Dwight D Eisenhower Army Medical Center in Fort Gordon, Georgia. For more information, contact the McFarland Clinic Hospitalists Department at 515-239-6992.

Laura Hufford, MD
Laura Hufford, MD, joined McFarland Clinic in September. Dr. Hufford completed her pediatric hospitalist residency at the University of California at Davis Medical Center in Sacramento, California. She completed her medical degree from Oregon Health and Sciences University School of Medicine in Portland, Oregon. For more information, visit www.mcfarlandclinic.com.

Benjamin Schlicher, MD
Benjamin Schlicher, MD, joined the McFarland Clinic Surgery Department in June. Dr. Schlicher received his medical degree from the University of Iowa in Iowa City. He then completed his surgical residency at Iowa Methodist in Des Moines. For more information, contact the McFarland Clinic Surgery Department at 515-239-4725.

Mary Greeley Medical Center and McFarland Clinic welcome these new health care professionals to our staff.
Mary Greeley’s participation will provide patients who have been admitted to the hospital access to discharge instructions, lab results and other important information.

If you’ve already signed up for MyChart through McFarland Clinic, you don’t have to do anything.

If you haven’t signed up yet, now is the time to do so to get all the new benefits of MyChart. Signing is easy. Just go to www.mgmc.org or www.mcfarlandclinic.com, and look for the MyChart box.

Here are some more reasons to sign up for MyChart:

**PROXY ACCESS**

A parent or guardian, spouse or adult child can view a family member’s health record in MyChart. This is called proxy access. Proxy access allows a parent or guardian to log into their personal account and then connect to information regarding their family member. Proxy access is available for children (infant to 17 years old) and adults. For example, a parent can obtain proxy access for a child, or an adult child could obtain proxy access for an elderly parent.

Proxy access provides the ability to do the following with a family member’s health record:

- Connect to information,
- Access a health record,
- Communicate electronically with a doctor’s office on the family member’s behalf,
- View health history,
- View current prescriptions and refill prescriptions electronically,
- View immunization records,
- View growth charts.

Non-McFarland Clinic patients can access health information for family members by completing the access form and signing the Adult to Adult Proxy form. If patients are not mentally competent to authorize access to their record, please provide copies of relevant documents.

Proxy forms are available online at www.mgmc.org/mychart or at your doctor’s office.

**FIVE POPULAR FEATURES OF MyChart**

1. **VIEW LAB RESULTS**
   A. View current and past test results dating back to March 2007. Graphing options help track results over time.

2. **MESSAGE YOUR DOCTOR’S OFFICE**
   A. Securely send a message to your doctor’s office via MyChart. Messages go to a nurse pool where your doctor and nurse will consult and respond accordingly. The average message turnaround time is less than 24 hours during the business work week.

3. **VIEW UPCOMING APPOINTMENTS**
   A. Do you have trouble remembering when your next appointment is? View all upcoming appointments at McFarland Clinic within the ‘appointments’ section.

4. **PREVENTATIVE HEALTH REMINDERS**
   A. Preventative health reminders are available for diabetic patients.

5. **MYCHART TUTORIALS**
   A. Tutorials are available at www.mgmc.org/mychart.

**Dr. Jay Swanson, OB/GYN, on MyChart**

“I promote the advantages of MyChart with all my patients. I want every one of my OB patients to sign up for MyChart. I tell them: ‘You will have it and have questions at 10 p.m. Send me a secure message through MyChart. It comes to our office, and you will have an answer the next day.’”

**MyChart Stats**

- More than 36,000 McFarland Clinic patients utilize MyChart.
- More than half of users are age 50 and older.
- 62 percent of users are female.

**Male vs. Female MyChart Users**

- **Female**
  - 39%

- **Male**
  - 62%

**GO MOBILE**

Access your records no matter where you are. The MyChart mobile app is free and offers many of the convenient features of the web portal at your fingertips.
Innovative postnatal care is changing how newborns spend their first days at Mary Greeley Medical Center.

BY DEBRA GIBSON

Breastfeeding rocks. That pretty much sums up the feeling at Mary Greeley Medical Center’s Birthways unit, where new, research-based best practices are dramatically changing an infant’s post-delivery introduction to the world. This effort is driven, in part, by Birthways’ pursuit of “the gold standard” of postnatal care — the national Baby-Friendly™ designation.

Birthways has long been respected for its quality medical care and compassionate treatment of mothers and babies. But in 2010, when the department welcomed back the lactation program it had begun 20 years earlier, McFarland Clinic pediatrician John Paschen encouraged unit leaders to pursue the national accolade, a recognition not yet achieved by an Iowa hospital.

“When I worked as a visiting physician in St. Lucia, every woman breastfed,” Paschen says. “One day, one woman said she’d rather give her baby formula. In the U.S. we’d say, ‘Here, that’s fine.’ There, nurses berated this woman. Soon they were all yelling back and forth. For these women, breastfeeding is a necessity. To us, it’s nice, but we need to help all women realize it’s a wonder drug that’s absolutely free.”

Massachusetts-based Baby Friendly USA launched the Baby-Friendly™ designation in 1997, based on the “Ten Steps to Successful Breastfeeding” established in 1991 by UNICEF and the World Health Organization to protect, promote and support breastfeeding globally. The Baby-Friendly™ program requires hospitals to complete 10 steps, most of which involve educating and assisting mothers of newborns on the initiation and duration of breastfeeding.

Val Myers, RN, with Mary Greeley’s Birthways unit and Laura Mogler with her newborn son, Alden.
The Birthways program already boasts success. In Iowa in 2011, the percentage of babies fed only breast milk for their first three months was a mere 37.2 percent, compared to 81 percent of babies born that year at Birthways. At 6 months, only 17 percent of babies in the state of Iowa were still being breastfed, according to the hospital, compared to nearly half of all Birthways-born babies.

Since last September 2012, the Birthways staff has obtained letters of administrative support, completed self-appraisals, created a hospital breastfeeding policy and designed staff training curriculums, prenatal/postpartum teaching plans and a data collection strategy. “Through this process we have raised the competencies of what nurses need to do to support moms with breastfeeding,” says Nyla Carswell, director of maternal child services. “Before, everyone had a basic view, but with all this new education, they are really strengthening their abilities.”

That education has included continued training sessions conducted by the likes of Marie Biancuzzo, a nationally known medical professional, educator and author specializing in childbearing issues, including breastfeeding. Grant money secured for the project pays for such training, and Mary Greeley reimburses staff members for the extra hours they attend the sessions. Nurses are required to complete training on 15 different breastfeeding topics plus five hours of breastfeeding clinical work. “It would be nice to get Baby Friendly recognition for our staff and department, but that’s not why we’re putting our hearts and souls into this,” says Carswell. “Improving care for our patients is just the right thing to do. If there were steps in this process that we didn’t think were backed up well enough by research, we wouldn’t do them. It has been a journey for us, and we’ve been able to pass our love for doing the right thing on to each of our staff members and now our patients.”

The Baby Friendly initiative is supported, in part, by the Mary Greeley Medical Center Foundation.

Mom, Meet Your New Roomie

At Mary Greeley, a precious newborn is no longer whisked away right after birth for weighing and assessing. Instead, babies “cocoon” with their moms and dads for about 30 minutes while Birthways nurses perform assessments right there. “It’s such a beautiful experience to watch,” Carswell says. “Instead of interrupting the baby/mom bond, the baby stays there, nestled in skin to skin with Mom and often Dad, too.” In most cases, nurses help mothers breastfeed their infants within an hour of birth. “This is another great example of how research evidence is driving our practice,” adds Val Myers, RN, international board certified lactation specialist. “We didn’t understand before how separating babies from their moms interfered with their ability to learn and become confident with identifying babies’ feeding cues. And we’ve learned that placing baby skin to skin after birth decreases their stress and gets breastfeeding off to the best possible start.”

Ames couple Laura and Mark Mogler welcomed their first child, son Alden, in July. Nurses immediately offered the skin-to-skin option, and didn’t cut the umbilical cord until it had stopped pulsing. They rubbed Alden and made subtle observations while he was on Laura’s chest, waiting to weigh him until he was at least an hour old. Like most newborns now, Alden bunked in his mom’s room rather than spending his nights in the nursery.

First-time parents Laura and Mark Mogler receive advice from Val Myers as Laura prepares to breastfeed Alden.
"I think that helped us form a bond right away," Laura Mogler says. "That first night, I was really aware of the noises he was making. So I heard his little mouth clicking or his tongue licking his lips. I knew maybe we need to check on him and see if it’s time to nurse him. I think that really helped because it just kind of kicks breastfeeding into high gear.

Under the new protocol, babies sleep in mom’s room because, mother’s milk production hormone, prolactin, is at its highest at night. "Babies are meant to nurse a lot at night," Myers says, and by doing so, mother’s milk often comes in sooner. "So better prepare moms, Birthways enforces ‘quiet time’ from 1 to 3:30 each afternoon, visiting hours end at 8 p.m. and then mothers are scheduled to nap until around midnight when the more frequent feedings begin.

"We were told, ‘Now you’re on Night #2 … the baby is not going to sleep … you’re going to be up all night’," Laura Mogler recalls. "Our nurse came in the night and said, ‘If he’s funny and you just don’t know what to do, don’t feel bad, just buzz me and I’ll come in and help you.’ That was really helpful.” Nurses also reminded the Moglers that Mark could hold Alden skin to skin after feedings, which reassured them both. (And one nurse even conducted an impromptu "swaddle” tutorial at midnight for Mark and Laura Mogler — and hear his parents talk about their experience with the Baby Friendly techniques used on the Birthways unit at Mary Greeley Medical Center. Watch the video at www.mgmc.org/birthways.

"Babies are meant to nurse a lot at night." Myers says, and by doing so, mothers’ milk often comes in sooner.

Breastfeeding also helps moms:
• Enhance their bond with their babies
• Reduce the incidence of postpartum depression
• Lower healthcare costs
• Minimize work due to a healthier baby

Best from the breast Why mother’s milk matters.

Research shows breastfeeding reduces a baby’s risk of:
• Sudden Infant Death Syndrome
• Ear infections
• Respiratory infections
• Gastrointestinal infections
• Diabetes types 1 and 2
• Leukemia

Moms benefit from breastfeeding, too. Nursing moms are at lower risk for:
• Breast cancer
• Ovarian and cervical cancer
• Type 2 diabetes

Breastfeeding Support Group Facebook page. There are links and more information at www.mgmc.org/birthways.

Mary Greeley Medical Center’s Birthways unit has 22 patient rooms, including 13 private labor/delivery/recovery/postpartum (LDRP) rooms. The LDRP rooms are specially designed so that from start to finish, you can stay in the same room. Learn more about Birthways at www.mgmc.org/birthways.

Meet the adorable newborn Alden Mogler — and hear his parents talk about their experience with the Baby Friendly techniques used on the Birthways unit at Mary Greeley Medical Center. Watch the video at www.mgmc.org/birthways.

Volunteer to help our Pink Glove Dance video a big winner.

Locally produced video competing in national contest to raise breast cancer awareness: We need your help to make our Pink Glove Dance video a big winner.

The William R. Bliss Cancer Center, a service of Mary Greeley Medical Center and McLarenland Clinic, and the Iowa State University Thielen Student Health Center teamed up to create a Pink Glove Dance video. The video is part of a national effort to build awareness, share joy and raise funds to eradicate the most commonly diagnosed cancer in women worldwide. It features hospital and clinic staff, a breast cancer patient, community members, Ames High School cheerleaders, and Iowa State students, including members of the Cyclones football team.

This video has been submitted to the national Pink Glove Dance contest. The contest winner will be determined by the number of votes it receives online. The winner receives a $25,000 prize for the charity of its choice. If our video wins, the money will go to the American Cancer Society.

Voting begins Oct. 25 and runs through Nov. 8. To vote, visit www.mgmc.org/pinkglovedance. You can vote for the video once each day of the voting period.

Medline, a company that manufactures surgical gloves, sponsors the Pink Glove Dance every year, and hospitals across the country take part. Hospitals are asked not only to showcase their facilities, but also their community.
“D r. Paschen!” squealed the giddy 3-year-old girl as her pediatrician entered the exam room. Her doctor greeted her, then turned to the girl’s mother and asked, “And when was the last time you were so excited to see your doctor that you ran around the exam room in your underwear?”

Meet Dr. John Paschen, the Patch Adams of McFarland Clinic and Mary Greeley Medical Center, the comic with compassion. Well, if you’re a central Iowa parent, there’s a good chance you already have. Paschen’s fun-loving banter tickles children and comforts their parents, raising both generations through their own versions of growing pains. Behind the repartee, though, is a tender-hearted physician who considers kids “honest, strong and innocent bystanders.”

The Innovation Award has long been a winner with his young patients.

Dr. John Paschen, a McFarland Clinic pediatrician, gently checks young Oliver’s heart beat.

“Excellence Award winner with his young patients.”

BY DEBRA GIBSON

He always talks directly to the kids — he’s warm, but professional.”

— Anne Kohler, RN

DOCTOR

This Innovation & Excellence Award recipient has long been a winner with his young patients.

BY DEBRA GIBSON

“He was the one not wearing the cowboy boots and the big belt buckle.”

“I was kind of subterfuged,” Paschen recalls, “so the idea to give him back respect and their trust.”

“After that experience, I was a different human being,” Paschen says. “I wouldn’t say I was confident, but you do go through a lot — you’re doing several things at once and there are a lot of sick kids. I had a phenomenal amount of responsibility to these kids, day to day, moment to moment. And that changed me. “During my neonatal fellowship, I saw tons of babies saved, but I also saw lots die. That never really bothered me until I had my own children. From then on, I knew I couldn’t be a neonatologist.”

Paschen’s style, at least when interviewing nurse Anne Kohler, RN, for a job back in 1990, involved wearing a character T-shirt, shorts and red high-top sneakers. “He’s his own personality,” says Kohler, the clinic’s pediatrics department manager who worked as Paschen’s primary nurse for 19 years. “And he always talks directly to the kids — he’s warm, but professional. He treats them with respect, and they give him back respect and their trust.”

Nurses reporting to Paschen know they’ll work hard, because he does. “He’s an ethical man; he doesn’t cut corners,” Kohler continues. Everyday morning he had his “honey-do” list for us — he wanted to make sure all the letters were sent, all the parents were called. I have so many memories of when he would stay late, come in early, teach parents on weekends when he wasn’t working just because he sensed they needed that. He will never stop being a pediatrician.”

Not a bad endorsement for a man whose medical school pediatrics expertise included neonatal cases. Daphne recognized the name. “First, [Paschen] really knew a lot about preemies; I was wowed by him,” she says. “I knew he was confident, but you do go through a lot — you’re doing several things at once and there are a lot of sick kids. I had a phenomenal amount of responsibility to these kids, day to day, moment to moment. And that changed me. “During my neonatal fellowship, I saw tons of babies saved, but I also saw lots die. That never really bothered me until I had my own children. From then on, I knew I couldn’t be a neonatologist.”

To understand Paschen’s popularity, it’s best to look at one of his cases. Lincoln Cogdell entered the world on Christmas Day 2008, born at only 25 weeks at Des Moines’ Mercy Hospital. His tenure in that Neonatal Intensive Care Unit (NICU) thrust his first-time parents, Daphne and Eric Cogdell, onto a 108-day rollercoaster of dose changes and fervent prayers. At one point, a nurse told the Ames couple of a Dr. Paschen practicing in their hometown whose expertise included neonatal cases. Daphne recognized the name. Her brother was among Paschen’s first patients at McFarland. Upon Lincoln’s NICU dismissal, he joined the ranks as one of Paschen’s kids.

“He always talks directly to the kids — he’s warm, but professional.”

— Anne Kohler, RN

Page Doctor

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“First, [Paschen] really knew a lot about preemies; I was wowed by

how knowledgeable he was about our particular situation,” Daphne

Cogdell recalls. “In the beginning, he saw Lincoln every few weeks; he

really wanted to keep tabs on him. He’d always coach us on what was

appropriate for Lincoln — what should I be happening with his feedings

and sleepings. Lincoln had major feeding issues, and Dr. Paschen called

us at home often about that.”

Today, Lincoln attends preschool, and is a bright, active boy whose
eyeglasses are the only indication of his early struggles. Though the
family has moved to Ankeny, Lincoln and siblings Natalie, 2, and
Miles, born in July, continue as Paschen’s patients.

“The kids love him,” Daphne says, “and they actually look forward to

giving him a hug. They like that he’s always smiling and seems so happy

—that’s very comforting for my kids. “And he was always comforting to us after Lincoln was born,” she continues. “Lincoln was not like any other child out there, and Dr.
Paschen always made us feel like we were doing the right thing. We needed that — we were so scared all the time. We always feel like he’s our partner in bringing up our children.”

Home and Abroad
Paschen’s pediatric skills are known well beyond central Iowa. His compassion for all kids has taken him to St. Jude’s Hospital on the island of St. Lucia. He’s spent several month-long stints at St. Jude’s, beginning in fall 1998 when he, Cindy and their two young daughters traveled there.

“I found out later that after Cindy looked at the apartment they had for us, she went into the bathroom and wept,” Paschen says with a laugh. “It was really terrible,” as was the cafeteria food the family depended on for meals. Daughter Madeline wrote in a subsequent school report, “It was the worst vacation of my life.”

Nonetheless, the Paschens returned to St. Jude’s for other working vacations until the girls’ school schedules required the doctor to go solo. He’s also taken his road show to the Mississippi Delta on three different occasions, where he used his vacation time to sub in a private clinic for two physicians so they could take time off. He’s made several 10-day trips to Guatemalan clinics, where he okays children for surgeries and assists with post-op care and complications. And in August, Paschen spent two weeks in Zimbabwe as part of Operation Hope, performing similar duties to those in Guatemala.

“These experiences tell you what’s really important,” Paschen says. “When you’re in a place that doesn’t have everything, you realize how to do things. There are so many close calls — that’s why you can never be arrogant as a pediatrician.”

But you can be sentimental. The door to Paschen’s clinic office is plastered with patient photos — including shots of several who have died. A few years back, a new policy required those doors to be without adornment to maintain a sense of professionalism. With a slight tremor in his voice, Paschen points at his shrine and recalls telling a nurse, “If I ever catch anyone taking any of these pictures down…” He pauses, then says, “After that, the rule kind of stopped.” He then adds, “It’s really hard to see a kid die. That wall keeps me motivated. To whom much is given, much is expected in return.”

Joe Carmicheal
Phlebotomist, Laboratory Services
Winner for Service

“I treat every patient like they’re my family. If that was my brother or my mom, I’d want to get there as soon as I could and get them taken care of. I think that the actual blood drawing process is only about 10 percent of my job. I think the other 90 percent is relaxing the patient, helping them through the process, just really treating them like they’re your own. It’s very rewarding to know you made a difference.”

Amber Deardorff, RN, BSN, MPA
Director, Clinical Applications Systems
Winner for Leadership

“Everything Mary Greeley does is for the people that come in the doors here. As a leader, one of the things that I get to do every day is help my employees help those that are in need of our services. It’s so rewarding to see them grow and see how they help our customers. Everything we do is based around patient care and patient safety and making the lives of those that care for patients easier. Mary Greeley is truly an awesome place to work, I can’t imagine going anywhere else, doing anything else.”

Candace Flakoll, RNC, BSN
Clinical Resource Nurse, Birthways
Winner for Nursing Practice

“I come to work every day to take care of my patients. I want to do the best for every patient, every time. When I first started I was a bedside nurse, then I became the clinical resource nurse. I was concerned that it might take me away from bedside nursing. But I get plenty of opportunities. I scrub for C-sections. If someone can’t get an I.V. started, they’ll say Can you come over and start this? I feel like I still have maintained the patient contact that I really enjoy. My rewards come from patients saying, ‘This was the best day here’ or ‘Thank you for helping with my labor.’ I love what I do and that’s what it’s all about.”
“The LUCAS2 device fits in an unsanitary care, about the size of a backpack, making it easy to store and access on the ambulance. The unit includes a rigid, contoured board that slides under the patient. The bright yellow top of the device has two wings that open up and secure to the board under the patient. The top of the device carries the rechargeable battery and includes a plunger with a suction cup that performs the compressions.

“The suction cup is a huge benefit of this device,” Perrin says. “It allows the device to pull the chest back up after performing a compression. This greatly improves blood flow and leads to better patient outcomes.”

Perrin says the device can be deployed, secured to the patient and activated in less than a minute. He says it is capable of doing a little more than 100 compressions per minute — and it never gets tired.

“That is the primary thing,” Perrin says of the consistency of the LUCAS2. “As care providers, we’re human. It would be impossible for us to provide the perfect compression, without rest, as long as it is needed. This device is just relentless. People get tired. This doesn’t.”

Consistency Counts

Dr. Jonathan Burns, McFarland Clinic emergency medicine, says consistency is what carries the day when it comes to caring for cardiac arrest patients.

“The LUCAS2 allows both pre-hospital and in-hospital providers to offer the highest quality CPR to cardiac arrest patients,” he says. “One of the biggest changes to the American Heart Association (AHA) guidelines recently has been a major push toward the provision of high quality, uninterrupted chest compressions. This has been shown to be one of the most important factors in having a favorable outcome in cardiac arrest patients.”

With the LUCAS2, we can provide this consistency with minimal interruptions.

In addition, the LUCAS2 device frees up members of the care team to attend to other critical needs.

“The LUCAS2 enables us to turn the compressions over to the device so we can focus our resources on other aspects of the resuscitation and provide critical care to the patient,” Burns says. “This puts our paramedics at an elite level in terms of treating cardiac arrest in an out-of-hospital setting.”

Better Odds

The LUCAS2 “greatly increases the effectiveness of resuscitation and helps us provide the best care possible to heart attack patients,” says Perrin. “I firmly believe it increases the survival chances for these patients.”

Burns concurs.

“The art and science of saving lives is multi-faceted enough that I’m not sure I could attribute a life saved just to this device,” he says. “But every improvement we have in early-resuscitative care certainly helps improve outcomes.”

And Burns sees the use of the LUCAS2 and similar devices expanding to inpatients in the future.

“We have used the LUCAS2 for inpatient cardiac arrest,” he says. “I would expect that trend will continue as providers become more familiar with the device over time.”

Coupled with other recent advances in treatment and the adoption of advanced technologies, Burns says heart attack patients in central Iowa stand a better chance of survival now than at any time before.

“The addition of the LUCAS2 device, our community-wide push toward increasing Automated External Defibrillator placement, and our post-arrest cooling protocols have combined to make Mary Greeley Medical Center comparable to the top hospitals in the country in employing the science of early revascularization in the treatment of cardiac arrest,” says Burns.

When paramedics with the LUCAS2 are not available to render emergency care to a heart attack victim, the American Heart Association (AHA) is now recommending bystanders perform “Hands-Only” CPR.

“The AHA recently launched a massive, nationwide campaign promoting the use of consistent chest compressions — 100 per minute is recommended — instead of compressions coupled with periodic rescue breathing for cardiac arrest victims. The Hands-Only method has been proven in a variety of studies to improve outcomes for heart attack patients in an out-of-hospital setting. The recommendation is for adult or teen victims of cardiac arrest in settings like home, work, school or another public place. The AHA recommends just two steps for performing Hands-Only CPR:

1. Immediately call 911 or send someone to do so.
2. Push hard and fast in the center of the chest.

To make the awareness campaign memorable, the AHA has tied Hands-Only CPR to the hit 1970s song “Stayin’ Alive.” The song has more than 100 beats per minute, which is the rate at which one should push on the chest during Hands-Only CPR.

For more information on Hands-Only CPR, to watch a demonstration of the method or to find a CPR class near you, visit the AHA online at www.heart.org.

Mary Greeley Medical Center offers CPR anytime at-home training kits, as well as classes for anyone who wants to walk through the CPR Anytime program with an instructor. For information about CPR Anytime, call 515-956-2875.
Our Extraordinary Visions Supporters

Listed here are the generous donors who offered gifts and pledges of $100 or more as of September 26, 2013.

We are excited to announce that $6,042,673 has been raised to date in support of Mary Greeley Medical Center's building project, exceeding our $6 million goal. We are extremely grateful to the more than 1,200 individuals and businesses who share our 'Extraordinary Vision' for health care in central Iowa. The success of this campaign is a testament to the generosity of our communities and will have a tremendous impact for generations to come.

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Prime Time Alive

Prime Time Alive programs are designed to help you achieve a vital balance of the physical, financial, emotional and spiritual components in your life. Don’t miss all the fun and learning! You can become a member and register for events online at www.mgmc.org or by calling 515-239-2423 or 800-303-9574. Pre-registration is required.

Varicose Veins, Leg Pain and Fatigue: Causes and Treatment Wednesday, Oct. 23, 3 p.m.
Quality Inn & Suites
2601 E. 13th St., Ames
Presented by Fiza Salimi, MD, McFarland Clinic, Urgent Care
Do you suffer from varicose veins, spider veins, leg pain, fatigue or cramps? You may have a treatable condition called chronic venous insufficiency (CVI). Learn more at this presentation by Dr. Salimi.

Diabetic Retinopathy Tuesday, Nov. 5, 2 p.m.
Quality Inn & Suites
2601 E. 13th St., Ames
Presented by Tracy Kangas, MD, McFarland Clinic, Ophthalmology
Diabetic retinopathy is a complication of diabetes that affects the eye. It is caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina). Over time, diabetic retinopathy can cause vision problems and can result in blindness.

AARP Driver Safety Program Thursday, Nov. 7
8:30 a.m. to 12:30 p.m.
Mary Greeley Medical Center
North Addition A&B
Presented by Six Huntington, AARP Driver Safety Instructor
Learn about the normal changes of aging and the effects they may have on driving.

Cooking Demonstration: German Holiday Specialties Tuesday and Wednesday, Nov. 12 and 13, 2 p.m.
Cook’s Emporium
303 Main St., Ames
Presented by Mary Junkhan, owner, Cook’s Emporium
Join us for a fun and delicious afternoon. The demonstration will include a German main dish, side dish and, of course, dessert. Program is open to Prime Time Alive members.

Annual Holiday Gathering Tuesday, Dec. 3, 1 to 4 p.m.
Gateway Hotel and Conference Center
Join your Prime Time Alive friends for holiday fun. There will be treats, entertainment, door prizes, and an abundance of holiday cheer at the annual holiday gathering. Don’t forget: You need to be an active Prime Time Alive member to attend. If you would like to join or renew your membership, call 515-239-2423 or 800-303-9574. Pre-registration by calling the phone numbers listed above is required. Watch the mail for a flyer with more information.

Day Trip: Irving Berlin’s White Christmas Thursday, Dec. 12

The Latest in Diagnosing and Treating Alzheimer’s Disease Thursday, Jan. 9, 2 p.m.
Quality Inn & Suites
2601 E. 13th St., Ames
Presented by Selden Spencer, MD, McFarland Clinic, Neurology
Alzheimer’s disease is the most common cause of dementia among older people, affecting more than 5 million Americans. This program will cover the importance of an early diagnosis, how Alzheimer’s is diagnosed and the latest developments in treating this disease.

Simple Steps to Peace-of-Mind Organization Wednesday, Jan. 15, 2 p.m.
Quality Inn & Suites
2601 E. 13th St., Ames
Presented by Jane Jensen, professional organizer
After this program you will know the tried and true method to organize any area in your home, from understanding of what to keep and what to let go, learn how to never pile papers again, and discover how a “command center” can give you peace of mind.

Treating Anxiety as You Age Tuesday, Dec. 10, 2 p.m.
Quality Inn & Suites
2601 E. 13th St., Ames
Presented by Samuel Stanton, MD, McFarland Clinic, Family Medicine, Story City
As you age, your may notice you are worrying, feeling more anxious than usual. Being in a constant state of worry worrying or feeling more anxious than usual. Being in a constant state of worry or anxiousness may seriously affect your quality of life. Treatment for anxiety is available and is a topic you should discuss with your health care provider.

Mindfulness and Meditation Wednesday, Nov. 20, 7 p.m.
North Addition A&B
Presented by Sarah Ahearn, Licensed Psychologist
Cultivating mindfulness can reduce emotional suffering and facilitate the return to natural wisdom. There are many different kinds of meditation that can help us relax or enhance our awareness with internal experiences. Mindfulness meditation teaches us non-judgmental awareness of the present moment. Join Dr. Anthony’s presentation on mindfulness and the implications for stress reduction and wellness.

Cancer Resource Center
Mary Greeley Medical Center regularly schedules programs to provide cancer education and support. For more information and to register for events, call 515-956-6440 or 866-972-5477. Pre-registration is required.

Cancer Survivorship Wednesday, Dec. 4, 7 to 8 p.m.
North Addition A&B
Presented by Dr. Larry Ottman, McFarland Clinic, Hematologist/Oncologist
A cancer survivor is defined as anyone who has been diagnosed with cancer, from the time of diagnosis through the balance of his or her life. With over 13 million cancer patients currently living in the United States, oncology professionals are focusing on patient needs. Most cancer care providers are focused on diagnosis and treatment of cancer. Cancer survivors require access to care across the cancer continuum. The challenge is coordinating multi-disciplinary care among providers. Dr. Ottman will address some of the questions you may have:

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Open House Holiday The Gift Shop at MGMC Thursday, Nov. 21, 8:30 a.m. to 8 p.m.
Friday, Nov. 22, 8:30 a.m. to 4:30 p.m.
Enjoy light refreshments while you shop our holiday collection of home décor, ornaments, nautical sea candles, hostess gifts and other items. Receive 20% off your gift item purchases during the open house. Thursday only, we will sell boxes of frozen holiday cut-out sugar cookies for just $5 a box, to the first 60 customers.

“Jewelry is Fun” Sale South Auditorium Wednesday, Dec. 4, 10 a.m. to 4 p.m.
Thursday, Dec. 5, 7 a.m. to 3:30 p.m.
All jewelry is just $5! Shop from a wide selection of watches, rings, bracelets, earrings, necklaces, purse hooks, key rings, purse flashlights and more.

Prime Time Alive Mallwalkers
Update on Flu and Pneumonia Tuesday, Nov. 5, 8 a.m.
North Grand Mall
Presented by Terri Ousner RN, RN, Story County Public Health Nurse
HOMeward of Mary Greeley Medical Center
The latest information on flu and pneumonia vaccines will be provided. Flu and pneumonia shots will be available from 7:30 to 9:45 a.m. Bring your Medicare B card.

Mallwalkers
Ho-Ho-Ho’s to “Ha-Ha-Ha’s” Holiday Survival Guide Tuesday, Dec. 3, 8 a.m.
North Grand Mall
Presented by Chris Terson, paramedic supervisor, Mary Greeley Medical Center
This presentation is about the importance of humor, how to adopt one if you don’t have your own, and its care and feeding during the holidays. Remember, if you don’t have a sense of humor, you don’t really have any sense at all!

Beating the Winter Blues Tuesday, Jan. 7, 8 a.m.
North Grand Mall
Presented by Sue Reimers, mental health therapist, Behavioral Health, Mary Greeley Medical Center
Learn how to avoid letting winter blues turn into depression.

Mindfulness and Meditation Wednesday, Nov. 20, 7 p.m.
North Addition A&B
Presented by Sarah Ahearn, Licensed Psychologist
Cultivating mindfulness can reduce emotional suffering and facilitate the return to natural wisdom. There are many different kinds of meditation that can help us relax or enhance our awareness with internal experiences. Mindfulness meditation teaches us non-judgmental awareness of the present moment. Join Dr. Anthony’s presentation on mindfulness and the implications for stress reduction and wellness.

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**Clinics**

**Immunization Clinics**

**Homewood**: offers immunization clinics for Story County residents on the second and fourth Tuesday of each month from 4:30 to 6:30 p.m. at the Homewood office located at 11424 Ave.

- **Upcoming dates**:
  - Oct. 22, Nov. 12, Nov. 26, Dec. 10, Jan. 14, Jan. 28
- **Parents of children receiving immunizations are asked to bring previous immunization records with them.** Even if a child has never received an immunization, he or she may start a program at any time. Call SF-239-6750 for more information.

**Adult Immunization Clinics**

Homewood offers adult immunization clinics for Story County residents every week at the Homewood office located at 11424 Ave. The clinic hours are Monday and Wednesday from 8 a.m. to 12:30 p.m. and Friday from 10 a.m. to 2 p.m.

**Homewood**
- **Blood Pressures with Prime Time Alive**
  - A social time with free blood pressure checks by Homewood is held 30 minutes before each Multibucks program, from 7 to 8 a.m.
- **The Meadows Apartments**
  - **Tuesday, Oct. 15, Nov. 12, Dec. 17, Jan. 21**
  - 1 to 3 p.m.
- **The Indian Creek (Assisted Living)**
  - **Tuesday, Oct. 15, Nov. 12, Dec. 17, Jan. 21**
  - 10:30 to 11:30 a.m.
- **Senior Center**
  - **Wednesday, Nov. 13, Dec. 11, Jan. 8**
  - 12:30 to 2 p.m.
- **Heartland Senior Services**
  - **Thursdays**
  - 1 to 2:30 p.m.
  - **Nov. 7, 21**
  - 12:30 to 2:30 p.m.
  - **Dec. 1, 15, 30**
  - 1:30 to 3:30 p.m.
- **Keystone Apartments**
  - **Thursday, Oct. 24, Dec. 26, Jan. 23 (No November clinic)**
  - 1 to 2:30 p.m.
- **Regency V Apartments**
  - **Wednesday, Nov. 20, Jan. 15**
  - 1 to 2:30 p.m.
- **Stonehaven Apartments**
  - **Wednesday, Nov. 13, Jan. 18**
  - 10 to 11:30 a.m.
- **The Waterford at Ames (Assisted Living)**
  - **1220 Coconino Rd.**
  - **Wednesday, Nov. 20, Dec. 18, Jan. 15**
  - 10 to 11:30 a.m.

**Colloids**

**City Hall**
- **Senior Meeting Room**
  - **Wednesday, Nov. 6, Dec. 4 (No January clinic)**
  - 9 to 10 a.m.

**Colo**

**Community Center**
- **Tuesday, Oct. 15, Nov. 12, Dec. 17, Jan. 21**
  - 10:30 to 11:45 a.m.

**Huxly**

**Walnut Grove Community Room**
- **Thursday, Nov. 7, Dec. 5, Jan. 2**
  - 1 to 2:30 p.m.

**Maxwell**

**Community Center**
- **Wednesday, Nov. 6, Dec. 4 (No January clinic)**
  - 10:30 to 11:30 a.m.

**Scherenschnitte**

**January**
- **January**
  - **Scott Dunkin**
  - **Photography**
  - **North Addition hallway**

**Quilts**

**December**
- **December**
  - **Marilyn Anderson**
  - **Hats, scarves and mittens**
  - **North Addition hallway**

**Art Schedule**

**Windsor Oaks Apartments**
- **1 to 3:30 p.m.**
- **Wednesday, Oct. 16, Nov. 20, Dec. 18, Jan. 15**
- **1200 Coconino Rd.**

**Regency V Apartments**
- **1 to 2:30 p.m.**
- **9:30 a.m. - noon**
- **Oct. 17, 24, 31**
- **Thursdays**

**Heartland Senior Services**
- **1 p.m. to 3:30 p.m.**
- **Wednesday, Nov. 6, Dec. 4**

**Ames**
- **Green Hills Health Care Center**
  - **Wednesday, Dec. 4 (No January clinic)**
  - 1 to 2:30 p.m.

**Huxly**
- **Walnut Grove Community Room**
  - **Thursday, Nov. 7, Dec. 5, Jan. 2**
  - 1 to 2:30 p.m.

**Cedar Place**
- **Wednesday, Nov. 14, Dec. 12, Jan. 9**
- 1 to 4 p.m.

**Support Groups**

**Alzheimer’s Disease Support Group**
- This group meets the first Tuesday of each month from 1 to 3 p.m. in North Addition Room D. Call SF-956-2390 or 329-4260 for more information.

**Bereavement Support Groups**
- For more information on grief support groups, contact Bonnie Righienz, bereavement coordinator at HOMEWARD Hospice, at SF-956-6188 or 877-469-0079.

**Diabetes Support Group**
- **HOMEWARD Expectant Parent Class**
  - **Wednesday, Oct. 16, Nov. 6, Jan. 18, Jan. 28 (No December classes)**
  - 1 to 2:30 p.m.

**Paw House Support Group**
- **Call SF-239-2698 and ask for Susan Trevor for more information.**

**Stroke Support Group**
- **The Stroke Support Group is free and open to the public.** Call SF-239-2523 for more information.

**Family Birthing Classes**
- Register online at www.comdriggs.com, or call SF-298-2644 or 800-951-9222 for specific information and to register. Pre-registration is required.

**Big Brother, Big Sister Class**
- Classes are offered for ages 2 to 4, ages 4 and up, and ages 5 to 7. **No Nov. 7**, **Dec. 5**
- **Ages 5 and up**
  - **Nov. 20, Dec. 26**
  - **1:30 to 6:30 p.m.**

**Childbirth Classes**
- **One-Day Childbirth Class**
  - **Saturday, Nov. 2, 9, Nov. 16, Dec. 14**
  - 8:30 a.m. to 4 p.m.

**Bereavement Support Groups**
- **HOMEWARD Hospice, at 5 1 5-956-6038 or 877-469-0079.**

**For more information on grief support groups, contact Bonnie Righienz, bereavement coordinator at HOMEWARD Hospice, at SF-956-6188 or 877-469-0079.**

**Blood Pressure with Prime Time Alive**
- A social time with free blood pressure checks by Homewood is held 30 minutes before each Multibucks program, from 7 to 8 a.m., on the first Tuesday of every month at North Grand Mall.

**Senior Health Clinics**
- Homewood Senior Health Clinics offer free cardiovascular screening, blood sugar testing and health education for Story County older adults.

**Senior Health Clinics**
- **North Addition hallway**
- **Main Addition**

**November**

**Jenny Conrad**
- **November**
  - **Display case**
  - **December**
  - **North Addition hallway**
  - **Jeremy Downs**
  - **Display case**
  - **Marilyn Anderson**
  - **Flax, scarves and mittens**
  - **Display case**

**December**

**Joy Conrad**
- **December**
  - **North Addition hallway**

**Jan Vanderlinden**
- **North Addition hallway**

**Jacqueline Stokos**
- **Photography**
- **Main Addition**

**Scott Dunnin**
- **Photography**
- **Display case**

**January**

**Kim Emmerson**
- **Photography**
- **North Addition hallway**

**Jan Vanderlinden**
- **North Addition hallway**

**Jacqueline Stokos**
- **Photography**
- **North Addition hallway**

**Scott Dunnin**
- **Photography**
- **Display case**

**Zumba**
- **Ditch the workout and join the party! Zumba fuses Hispanic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Enjoy an exhilarating hour of caloric-burning, body-mobilizing, one-inspiring moments meant to engage and capture.**

**Pilates**
- **With an emphasis on breathing, core conditioning and body awareness, Pilates creates stronger, longer muscles, flatter abdomen, core stability and body balance. It will leave you looking toned and moving with ease.**

**Pilates/Sculpt**
- **Combine the benefits of Pilates with the latter strength moves to create a leaner, stronger you. Build muscle and burn calories in this ‘best of both worlds’ class.**

**TRX Small Group Training**
- The latest in total body conditioning, TRX builds strength from the core using suspension, angles and body weight for a strong, lean and powerful you.

**Boot Camp Challenge**
- Our boot camps provide you with the last tools and strategies to take your fitness to the next level. Join us for fun and games as you rev up your metabolism and get the day energized, ready to burn calories all day long.

**HealthConnect | Fall 2013**

**SilverSneakers**
- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. W eights, elastic tubing with handles and a ball are offered for menopause, and a chair is used for seated or standing support.

**HE.A.T.**
- If you want to take your fitness and fat loss to the next level — without spending more time in the gym — then HE.A.T. could be exactly what you’re looking for. Push yourself to your limit with athleticism-inspired cardiovascular exercises — both choreographed and drill-based. Get your metabolism fired up before more people are out of bed.
Tree of Love

The Tree of Love is a symbol of remembrance and is sponsored by Mary Greeley Medical Center’s HOMEWARD Hospice. By purchasing a beautiful limited edition ornament for the Tree of Love, you have an opportunity to remember a loved one or honor a special family member or friend.

Each ornament is $20, with proceeds benefiting HOMEWARD Hospice. The ornaments with the names of the remembered persons will be displayed on the Tree of Love in the lobby of the medical center through the holiday season. The memorial service for the Tree of Love at 2 p.m. on Sunday, Nov. 17, begins with a time of remembrance followed by decorating of the tree. Ornaments will be mailed after the first of the year.

Call HOMEWARD Hospice at 515-956-6000 if you have questions.

Order Form

Ornaments will be mailed to the purchaser unless you instruct us otherwise.

Please place an ornament on the Tree of Love for: __________________________________________

$ __________________ is enclosed for __________________ ornaments at $20 each.

Please make checks payable to HOMEWARD Hospice.

My name:___________________________________________________________________________
Address:___________________________________________________________________________
City:__________________________ State:______________ ZIP:________________________

Please notify the following person or family of this gift:

Name:___________________________________________________________________________
Address:___________________________________________________________________________
City:__________________________ State:______________ ZIP:________________________

Mail this order form to HOMEWARD Hospice, 400 S. Dakota Ave., Ames, IA 50014